

Practice HEAT SAFETY Wherever You Are

Heat related **deaths are preventable**.
Protect yourself and others from the
impacts of heat waves.



Job Sites

Stay hydrated and
take breaks in the shade
as often as possible.



Indoors

Check up on the
elderly, sick and those
without AC.



Vehicles

Never leave kids or
pets unattended -
LOOK before you LOCK



Outdoors

Limit strenuous outdoor
activities, find shade,
and stay hydrated.



weather.gov/heat